The Unfaithful Female – “Kitty”
“Kitty”

Note: We did not conduct a phone interview with Kitty, as she preferred to answer questions in writing.

Tell me a little about your affair story. What type of affair was it? How did it start? How long did it last? etc.

My affair started 10 years ago with a drunken kiss to my husband’s best friend. The OM and I were in frequent public contact due to his relationship with my husband. He was in the bridal party at our wedding.

After 5 or 6 years of the very occasional repeat and mild escalation of the original incident, we began arranging to see each other privately and began having sex. Our relationship dynamic changed when we found out I was pregnant with my second child and were scared the baby may be the OM’s and not my husbands. We had a paternity test and she was my husbands and to this day I have mixed feelings about that result.

During my pregnancy the intensity of the relationship changed and our feelings began to really come to the forefront. I came to the realization that I did not want to be with my husband and began feeling trapped. We were married, we had a 3-year-old and a baby on the way.

The OM was also married with two young children. The OM and I only said “I love you” to each other less than 6 months before we were caught. We both admit now to having felt that way for a lot longer, but denied to ourselves the way we felt due to the implications. It was around this time that we started to plan to leave our respective partners, 6 to 12 months apart to avoid drawing suspicion to ourselves. We had no intention of revealing the affair.

I stumbled upon your website in the month post-incident when my husband wanted to reconcile.

Who pursued who?

I feel like I was the pursuer. My feelings were a lot stronger early on in the affair but didn’t confess this to the OM in fear of rejection. I wanted to be with him and not my husband before there were marriages and kids involved.
I felt he was more interested in the physical side of the relationship. Despite him being the one to insist we didn’t have sex for 6 years!

I feel he tried to be strong and loyal to his wife but found me, what I offered, and represented, too appealing to stop, despite trying repeatedly over the years to “call it quits”

He was however, the one who actually came to me. Especially when bridging the gap between random drunken hook ups to popping in on a Saturday morning when he knew my husband was working and my son was staying at his grandparent’s house.

Is it still going on?

I am now separated from my husband and in a relationship with the other man.

Did you share your unhappiness (if any) in your marriage with your husband before you had the affair?

- Yes. Repeatedly. It fell on deaf ears. For years.
- He refused for 10 years to do any dishes. Including putting them into and taking them out of a dishwasher.
- He has never used a mop in our relationship and would have never cleaned a toilet, shower or bathroom vanity.
- He doesn’t garden, doesn’t do any household maintenance.
- I changed the light bulbs and the tool box belonged to me.
- This was all before we had kids.
- After we had kids and I stopped working, he became worse.
- He has admitted (during the month we were contemplating reconciliation) that he almost deliberately gained weight with zero regard for how that would make me feel and had an expectation for sex as well as child care and household duties, because he was working and I was staying home to look after the baby. He earned the money, so I owed him. That included pleasing him.
- During my pregnancy with my daughter, I stopped “servicing” my husband as regularly (it was at least once a week before). The time between sex started to stretch to two weeks, then a month.
- He would get angry and sulk for a week at a time if I turned him down for sex. His attitude would only change when he thought there was a chance for more sex.
• It was only once there was several months between when we would have sex that he began to listen when I told him all of the things I was unhappy with. I also believe this was around when he became suspicious of the affair and his efforts to improve himself were due to this knowledge as much as the withdrawal of sex.

Was it discovered?

My husband caught the OM at our house two and a half months ago. He had managed to get his clothes on and get out of the house, but was caught around the side of the house before he had a chance to leave. My husband had been suspicious that something was up for 6 months or so.

Are you still married?

As it is very early, we are officially separated but not yet divorced. I do not want to remain married.

Is your affair partner still married?

As it is very early, they are officially separated but not yet divorced.

How and why did it end?

The OM tried several times to stop the affair. Most recently when I was pregnant. When he broke it off, I told him I needed “no contact” or as minimal as possible, in order to move on. He lasted a week. Slipped up, but reaffirmed we needed to “be good”. This charade lasted a few months, with a “slip up” every week or two.

Have you had any contact with him since?

One reason I couldn’t stay with my husband was my awareness that I would not have been able to cut contact with the OM. We may have tried at first. But he or I would’ve found a way.

Are you tempted to?

Always.
Questions from betrayed husbands.

The most often asked question...

“Why? How could you betray me? Did you stop to think about the pain this would cause me and your children?”

No. I was very naive. The OM was much more aware and concerned about the affect the affair would have on everyone around us.

The affair started before marriage and kids. It has been going on almost as long as my relationship with my husband. I honestly believe that one of the reasons I stayed for so long in an unhappy marriage was because of the proximity and access to the OM through my husband.

What lead to you straying so far that you had an affair?

I felt I deserved better than I had. Going into my relationship with my husband, I felt there was a degree of “settling”. He was supposed to be the good guy. Not the most attractive. But early on I thought he respected me, when other men had treated me badly. He broke up with me to go away on a boy’s trip to Europe. We got back together when he returned. He put on weight on his trip and never bothered to lose it, only add to it over the years. I did the opposite. I lost weight when we first started dating and have continued to maintain my figure and appearance since. He took no care of his body or appearance, for me or him.

He was also a lazy slob, with attitudes towards “women’s work” that belonged in the 1950’s.

Was the affair more about emotional needs or sexual needs? Please explain...
My husband never cared about sexual enjoyment. It was not a priority to him. Sex was penetration and him getting off. I had less than 6 orgasms in his presence in 15 years. This level of sexual neglect led me to be unable to achieve orgasm in the presence of another man until very recently. The OM and I “worked on the issue” diligently while the affair was happening to no avail. A few weeks after I leave my husband and the problem is no longer a problem.

In saying all of that, there was a large part that was about the emotional connection. Being female, sexual and emotional feelings are very much intertwined.

**Did you compare the sex and the emotional connection between AP and husband?**

Yes. Repeatedly. Husband never, ever, compared favorably.

**What did you feel you were getting from the relationship that your husband couldn't provide?**

The OM was everything that my husband wasn’t. He was a clean, organized man in his home life, fun and social, and he rocked my world in bed. He made me feel like I was important. That I mattered. That my feelings and my pleasure mattered.

**Do you have fond memories of the affair?**

Very. Almost every interaction I had with the OM, whether in a public setting or private. If he was there it was the best day.

**What did the other person and the relationship really mean to you?**

Everything.

**Had you discussed leaving your spouse and/or him leaving his wife? Did you think he would leave his wife? What happened?**
Yes. I told my husband at the start of the year that I was leaving. He convinced me to stay and go to counseling. I was planning to leave in May and we were caught at the end of March.

The OM was planning to leave his wife 12 months after I left my husband. I will never know if he would have been able to. I know firsthand how hard leaving can be. I fear he wouldn’t have been able to at first. I feel more confident that had I started to date, he would have become highly motivated to leave.

**Did you go through a period of fence sitting where you were trying to decide what to do and who to be with? How did you deal with that?**

Before being with the OM became a real option, I was doing my best to make sure that I really wanted to leave my husband. Not just for someone else, but because I truly didn’t want to be with him.

After the affair came out, I never expected my husband to offer reconciliation, so when he did, I took some time to make sure that I didn’t want him.

For a month. I tried to get away from both of them. Lots of thinking. Lots of talking. Lots of research (where I found your website!).

**Do you still love your husband? If not, why not?**

No. I care about him. We were together for a long time, so there can’t be no feelings. But not love.

**Do you feel that you loved your husband during the affair?**

I don’t know exactly when I truly stopped loving him. But I think it was a while ago.

**Do you want to stay married? Why? Why not leave for the affair partner or just leave to be on your own?**

No. Because my husband and I are not compatible. We bring out the worst in each other, instead of the best.
I was planning to leave when we were caught. The plan was to be alone initially.

**Do you feel that you blame (or at one time blamed) your husband for your affair? Please explain.**

Not for the affair. No one but the OM and I are responsible for the things that we did. That is on us 100%.

I can’t remember if it was from your website or another that I read, but there was an article about viewing an affair as you would someone breaking into your house. The betrayed spouse, like the home owner isn’t responsible for the break in/the affair, but there were risks to the home/marriage that had they been addressed the house may not have been broken into.

Me and my husband could have done more to address the issues in our marriage. We both felt we were due more than we had and we DID NOT COMMUNICATION. Not just not well, but almost not at all.

**Have you told your husband all the details about the affair? If not, why not?**

Yes. In detail. Because he asked and I do not want to lie anymore.

**Do you feel that you have a good understanding of what your husband has gone through? How has that affected you?**

No. I cannot fathom the pain I have caused him.

**What has your reaction typically been when your husband wants to talk about the affair or your relationship?**

I did not enjoy my husband wanting to talk about fixing the marriage.

I was quite willing to discuss the affair.

**Does your husband do anything that makes it harder to talk about the affair?**
He talks badly about the OM. It makes me not want to be open.

Let’s say your husband asks you...How do I trust again now that I’ve given you another chance? What sort of things can you do so that I won’t worry every time you leave the house?

Should this be an avenue you wished to pursue, I would recommend full honesty between you. Facebook, emails, phones, share everything. Tell your spouse what you do, where you go, who you see. Full disclosure of everything. If you feel something say something. If you EVER see the OM, this must be disclosed immediately.

Would you say that you are putting forth 100% effort now to make the marriage work and help heal your husband? Why or why not?

No. I am not working on my marriage.

I am putting 100% effort into making my new relationship work. We talk about everything, share everything. We joke about putting on the “cone of truth” when we have something to say that we are worried about how it will affect the listener. We have learned through our failed marriages that white lies with the best intentions are what can build up as resentments. If there are no lies and there is full honesty, we can work through the issues at hand and resolve it before it builds.

Often, after the discovery of an affair, the betrayed spouse goes through a process where they make changes and/or work on themselves. Has your husband done this and how do you feel about that? Do you accept this “new” person?

Yes. My husband started doing this 6 months before the discovery of the affair. I believe this is when he became suspicious of the affair and the changes were as a result of this awareness.

He became more involved with the kids, started helping around the house, did some DISHES!, went on a diet and started exercising.

I told him that he had turned into the husband I had always wanted.

Unfortunately it was too late. I was “out” already. There was literally nothing he could’ve done that would’ve made me want to stay.
Do you have guilt and/or shame for what happened?

Yes. But not as much as I feel I should.

Do you feel that your husband has forgiven you? What has that meant for you and your marriage?

No.

Questions from betrayed wives for their husband’s affair partner

The number one question(s)...

Why did you have such little regard for the fact that he was married with children; did you not care about the impact on us? Why did you have so little disregard for your own husband and children? Help me understand what you are thinking.... you have a child; you have a husband; Your affair partner has a wife; your affair partner has children; do you not see that this is hurtful to all those who are touched by your actions? Do you not care that others are hurt?

I was ridiculously naïve to the impact of my actions. I liken the buildup of the affair to the old analogy of the frog in a pot of water. You put a frog in a cold pot of water and turn on the heat, he will slowly boil to death without noticing. You put a frog in a pot of boiling water and he will jump right out.

We did it once, before kids and marriages. And we kept it a secret. Then we did it again and again. By the time the marriages and kids came along we were in so deep we couldn’t stop ourselves, even when we tried.

How did you justify your actions?

My husband didn’t treat me well and you didn’t treat your husband well. Neither of you deserved us. Neither of you could see how good you had it.
Why would you want to be with a man who was showing you he was a cheater?

Because he is the best person I will ever meet. We both cheated. I saw the huge turmoil that the affair caused him. He didn’t want to be having an affair. I cannot guarantee that the same won’t happen again, by me or by him.

Going into a relationship promising very specifically that you won’t cheat, instead of assuming you won’t cheat is a very different mindset. Being open about the times that may be “dangerous” for both parties and agreeing to full disclosure in all things will help.

Did you understand the ramifications of your actions?

No. On so many levels I really, truly didn’t. I just wanted to be with him. I wanted him to be mine.

One woman asks…What were your thoughts about me while you were carrying on with my husband?

I hated it when you did things that prevented him and I from being able to see each other. I hated it when you were intimate with him, physically or emotionally. I was jealous of you in so many ways.

What were your thoughts about your own husband/children when you were having the affair?

I felt your husband would make a better father for my children than theirs. The long term plan to have your husband as mine is in the best interest of my kids.

I just wanted my husband to go away.

Were you not worried about your husband finding out?

Yes.

What unintended consequences have come from the affair?
The OM has lost a lot of his social circle. A hate campaign was started against him and it will take time before people will be willing to socialize with him for fear of the stigma.

Many of the betrayed wives who responded to our survey came across as feeling that you are a husband poacher and everything was pre-meditated to some extent. What do you say to that?

Yes. 100%. I loathed the day you announced your engagement, when you got married, when you got pregnant.

One thing that I became more aware of while pouring through these questions is the notion that there is some sort of unspoken code between women and mothers. Here is a typical question with respect to that...How did you allow yourself to go against everything most women do for each other which is to have the back of their fellow woman? Isn't there a loyalty from woman to woman, mother to mother?

No. I feel the “bro code” is much stronger than a woman code.

How have you suffered from your choices? Are you remorseful for the pain you caused?

Yes. Mostly from not seeing my kids as much now as I want. I hate the pain that the OM suffers from due to the fallout. The separation from my husband is difficult, money is tight, life is difficult.

There is almost not enough pain though. Because I got what I wanted.

Have you ever thought of contacting his wife to apologize? If so, did you follow through, and what happened?

Yes. I held off as I didn’t think she would want to hear from me. She messaged me regarding the kid’s school and I responded and included an apology. She didn’t respond to the apology.

Looking back, how do you feel about the whole situation...What was your ultimate goal? Did you get the results you expected? What would you have done differently if anything?
I got a lot of what I wanted. I now want to play happy families with the OM and our four kids, but that will be difficult if not impossible. Time will tell.

**How do you feel NOW that he’s chosen to stay with his wife?**

He hasn’t. This is my biggest fear. But there is nothing I can do if he chooses that path. I can only be the best version of me for him and if he is who I think he is he will do the same for me.

**How did you emotionally handle the fact that your affair partner more than likely continued normal life (and other) activities with his spouse? Did it bother you that he was sleeping with and having sex with his wife? Did you feel jealous?**

Yes. Very. The intimacy more than actual sex.

**What are you struggling with most since the discovery of your affair?**

Missing my kids, missing the OM when we can’t be together, struggling financially.

**Do you feel confident that something like this won’t ever happen again? Why or why not?**

Yes. Because we said we wouldn’t. And we are striving to not have relationships like the ones we just left.

**Have you done any self-reflection that causes you to be aware how much pain and suffering you’ve caused to others including yourself? What have you learned from this whole experience?**

Some but not a lot. To be honest, that just causes more pain. Who does it help if I am miserable? My kids? They’ve been through enough.

I am looking to the future now. My self-reflection is to make myself the best version of me I can be. For my kids and my new partner.